



# Ginger Tea

Ginger is known as the universal medicine and can be found in regional cuisines worldwide. Ginger tea has a strong cleansing effect on the body, helping to mobilize toxins and restore balance. Ginger tea benefits the digestive system and can help reduce cravings for sweet and salty foods.

We recommend that you drink two to three cups of hot ginger tea a day. Try sweetening your tea with raw organic honey and chopped mint or lemon slices.

## One Cup of Ginger Tea

Put approximately one heaping teaspoon of coarsely chopped unpeeled ginger root into a cup of hot water. Let the tea steep for 2 minutes. Strain or let the ginger settle to the bottom of the cup.

## One Quart of Ginger Tea

Coarsely chop an unpeeled 2-inch piece of whole ginger. Place the pieces into a 2- or 3-quart pot with one quart of purified water. Bring the water just to a boil and reduce the heat to a simmer. Let the tea simmer for 15 minutes. Strain the ginger pieces and put the tea into a thermos bottle or store in a glass jar. Reheat the tea as needed.